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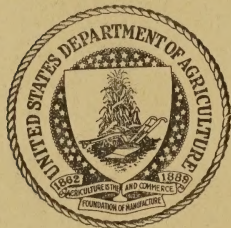
NUTRITION
Conference

**February 6, 7, and 8, 1950
at Edgewater Park, Miss.**

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UNITED STATES DEPARTMENT OF AGRICULTURE
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SOUTHERN REGIONAL NUTRITION CONFERENCE
February 6, 7, 8, 1950
Edgewater Gulf Hotel, Edgewater Park, Miss.

The Southern Regional Nutrition Conference of State home demonstration leaders and extension nutritionists was held February 6, 7, and 8 at the Edgewater Gulf Hotel, Edgewater Park, Miss. This report contains a brief summary of the talks and discussions. The program was developed with three purposes in mind. First, to bring the food and nutrition specialists up to date on new findings from nutrition research and to indicate their application to southern regional conditions; second, to exchange techniques on extension methods; and third, to review the present program in the Southern States on cereals in the Southern diets.

Director D. W. Watkins, was chairman of the Over-All Committee and had the assistance of Norma Brumbaugh, Oklahoma; Janie McDill, South Carolina; Dr. E. J. Lease, South Carolina, and others. The Federal Committee consisted of Mary Rokahr, Mena Hogan, Mary Louise Collings, and Dr. Gladys Gallup. Before deciding on a program the extension nutritionists reported their needs to State leaders. With these data as background the program was developed cooperatively between the regional and Federal committees.

Conference Participants

Extension Service

Martha McPheters	Oklahoma
Hermina Dohogne.	Oklahoma
Mena Hogan	Washington, D. C.
Mary Rokahr.	Washington, D. C.
Gladys Gallup.	Washington, D. C.
Maude Wallace.	Virginia
Janet Cameron.	Virginia
Janie McDill	South Carolina
Jane Ketchum	South Carolina
Florence Imlay	Kentucky
Virginia Wilson.	North Carolina
Claire Gilbert	Tennessee
Lillie M. Alexander	Alabama
Mary Hulsey	Alabama
Louise Mason	Texas
Jimmie Nell Harris	Texas
Gladys Martin	Texas
Florence S. Abington	Louisiana
Ellen LeNoir	Louisiana
Blanche Randolph	Arkansas
Hazel C. Jordan	Arkansas
Verna Dodd	Arkansas
Nellie C. Boyd	Georgia
Susan Mathews	Georgia
Lurline Collier	Georgia
Mary E. Keown	Florida
Grace K. Neeley	Florida
Anna Mae Sikes	Florida
May Cresswell	Mississippi
Anna P. Felder	Mississippi
Gladys Boyette	Mississippi
Earle Gaddis	Mississippi

Research:

Esther Phipard	Washington, D. C.
Ada Moser	South Carolina
Dr. E. Niede Todhunter	Alabama
Dorothy Moschette	Louisiana
Dorothy Dickins	Mississippi
Olive Sheets	Mississippi

Visitor:

Karin Tovnlom	Sweden
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Program of Conference

Monday, February 6
2 to 5 p.m.

New Facts on Food and Nutrition Applicable
to Extension Teaching

Chairman - Director Watkins,
Extension Service, South Carolina

Significant Research Findings in

Nutrition Dr. E. Niede Todhunter,
Home Economics Dept.,
University of Alabama

Current Food and Nutrition Research of
Bureau of Human Nutrition and Home
Economics

Dr. Esther Phipard,
BHNHE, Washington, D.C.

Intermission

Changing Food Habits. Dr. Dorothy Dickins,
Experiment Station,
Georgia

Frozen Foods Dr. J. G. Woodruff,
Experiment Station,
Georgia

Questions and Group Discussion. Mrs. Anna P. Felder,
Extension Service,
Mississippi

Tuesday, February 7
9 a.m. to 12:30 p.m.

Dietary Problems of Special Groups

Chairman - Ella May Cresswell
Extension Service, Mississippi

Families in Southern Region Ada Moser, Experiment
Station, South Carolina

Discussion

Pre-Adolescence and Adolescence Mrs. Dorothy Moschette,
Extension Service,
Louisiana

Discussion

Intermission

Family Health in Relation to Food
Habits. Dr. Grace Goldsmith,
Tulane Medical School,
New Orleans, Louisiana

Questions and Group Discussion. Mary Louise Mason,
Extension Service,
Texas

Tuesday, February 7
2 to 5 p.m.

Newer Approaches to Food and Nutrition Education

Chairman - Maude Wallace,
Extension Service, Virginia

The Nutritionist's Part in Planning
Consumer Education Programs Ellen LeNoir, Extension
Service, Louisiana

Nutrition in Relation to the Total
Extension Program Lurline Collier,
Extension Service,
Georgia

Discussion

Intermission

Finding Needs and Desires of People
Preliminary to Planning Nutrition
Programs Anna Mae Sikes, Extension
Service, Florida

Panel: Blanche Randolph, Extension Service, Arkansas
Mrs. Florence Abington, Extension Service, Louisiana
Virginia Wilson, Extension Service, North Carolina
Janie McDill, Extension Service, South Carolina

Screening Nutrition Research Findings. Mena Hogan, Extension
Service, Washington, D.C.

Panel: Mrs. Hazel Jordan, Extension Service, Arkansas
Hermina Dohogne, Extension Service, Oklahoma
Jimmie Nell Harris, Extension Service, Texas
Mrs. Esther Phipard, BHNHE, Washington, D.C.

7:30 p.m.

Audio-Visual Aids

Chairman - Mrs. Lillie Alexander,
Extension Service, Alabama

Transcription and Discussion of Richmond
Study Janet Cameron, Extension
Service, Virginia

5-Minute Audio-Visual Aid Reports by
State Specialists

Wednesday, February 8
9 a.m. - 12:30 p.m.

Newer Approaches to Food and Nutrition Education (Cont'd)

Chairman - Mary Rokahr,
Extension Service, Washington, D.C.

Teaching Methods, Materials and
Audio-Visual Aids Mary Hulsey, Extension
Service, Alabama

Panel: Verna Dodd, Extension Service, Arkansas
Florence Imlay, Extension Service, Kentucky
Gladys Boyette, Extension Service, Mississippi
Jane Ketchum, Extension Service, South Carolina
Janet Cameron, Extension Service, Virginia

Training Program for Leaders Gladys Martin, Extension
Service, Texas

Panel: Mrs. Hazel Jordan, Extension Service, Arkansas
Nellie Boyd, Extension Service, Georgia
Mrs. Anna P. Felder, Extension Service, Mississippi
Martha McPheters, Extension Service, Oklahoma
Claire Gilbert, Extension Service, Tennessee

Ways in Which we Evaluate How Effective
We Are Dr. Gladys Gallup,
Extension Service,
Washington, D. C.

Wednesday, February 8

2 to 5 p.m.

Cereals and Southern Diets

Chairman - Charles A. Sheffield,
Extension Service, Washington, D. C.

Importance of Cereals in the Southern
Diet and What Benefits Alabama Expects
From Enrichment of Cereals

Dr. W. D. Salmon,
Experiment Station,
Alabama

Experiences of the Federal Food and
Drug Administration with Interstate
Shipments of Cereals in the South. . .

E. C. Boudreaux,
Federal Food and Drug
Administration, New
Orleans, Louisiana

History and Outlook of Cereal

Improvement in the South

Dr. E. J. Lease,
Experiment Station,
South Carolina

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Position and Program of Mississippi
State College on Cereal Enrichment . .

Olive Sheets, Experiment
Station, Mississippi

Intermission

Significance of the Cereal Enrichment
Program to Nutrition in Georgia . . .

Dr. Mary Speirs,
Extension Service,
Georgia

Role of Extension Service in the Corn
Meal Improvement Program

L. W. Johnson, Extension
Service, South Carolina

Importance of Nutrition Education in
Maintaining Miller and Consumer
Interest in Corn Meal Enrichment . . .

Mary Hulsey, Extension
Service, Alabama

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Interpretative Summary of Conference. . .

Florence Abington,
Extension Service,
Louisiana
Mary Keown, Extension
Service, Florida.
Mena Hogan, Extension
Service, Washington, D.C

NEW FACTS ON FOOD AND NUTRITION APPLICABLE TO EXTENSION TEACHING

Significant Research Findings in Nutrition

Dr. E. Niede Todhunter, University of Alabama

Dr. Todhunter presented significant research findings in nutrition applicable to present-day problems. She pointed out some facts that have influenced the rapid strides made in the science of nutrition. The influence of new tools and techniques now available for research and for study of the blood composition, as well as the radioactive isotopes that tag an atom in nutrients, have all helped.

Results from teamwork rather than individual research are greater, as are the possibilities of microtechniques in the field of nutrition research. The use of microorganisms, such as bacteria, yeasts, and molds, is a new tool for measuring nutrients in research today.

In discussing what is being done in research she named new nutrients and a new terminology that is being used. She defined "nutrition" as a process and "nutriture" as being a state or condition; "excess nutriture" as being over-nourished; poor "nutriture," without proper reserve; "latent malnutriture," when the body does not function normally, but no disease symptoms show; "clinical malnutriture" as being a condition that shows definite disease symptoms; and "nutritient" as being a chemical substance needed by the body.

Dr. Todhunter brought out the need for greater emphasis on calcium consumption for adults, especially older people. Breakfast studies were explained and results showed a greater need for thiamine in the breakfast to prevent fatigue and give quick response on the part of the individual during work hours following breakfast. Vitamin B₁₂ was explained as a corrective for anemia rather than a positive cure.

In her conclusion she stated that the Basic 7 food chart was still our best guide for meal planning. Emphasis was placed on the fact that overweight becomes more dangerous at 40 plus years, that there is 30 percent more diabetes, 50 percent more cardiac troubles, and greater likelihood of cancer in older people when overweight.

Current Food and Nutrition Research of Bureau of Human Nutrition and Home Economics

Dr. Esther Phipard, Bureau of Human Nutrition and Home Economics,
Washington, D. C.

Much work is being done to determine human requirements for nutrients and foods. Some of this is carried on through studies in the laboratories on animals and human beings and some through surveys. Among the special problems being studied are the digestibility of certain foods, the ascorbic acid requirements of adolescents, and the amino acid requirement of different age groups. The Bureau has been doing research also on the composition of foods; on how the body utilizes food; and on the place of certain foods, such as eggs, wheat, and corn meal, in the diet.

Research is continuing on methods of preparing food, recipe development, and improving methods of preservation. Dr. Phipard pointed out the great improvement in diets of urban families in 1948 as compared with 1942, as shown by recent studies of the Bureau.

Changing Food Habits

Dr. Dorothy Dickins, Experiment Station, Mississippi

Dr. Dickins told of the interesting problems and difficulty in "changing food habits" in the South. In tracing the history of some of our food habits and the factors that influenced southern dietaries, Dr. Dickins brought out that biscuits first became popular because light bread molded easily in damp, hot seasons (before refrigeration was possible). The southern use of fat pork came about, she said, because of a shortage of butter and cream and because of the difficulty in keeping these sweet. Many of the traditional southern foods had no scientific basis, but were handed down from each generation.

From surveys and other sources, Dr. Dickins has found that definite dislikes formed problems in introducing good nutrition. Among the methods used to improve food habits and to overcome their dislikes, she suggested using different social settings for eating, such as school lunchroom, club meetings, and church suppers. Another method suggested was to improve the foods by the best methods of preparation. She brought out the advantages of cheerful conversation and good attitudes at the family meal in introducing new foods.

Dr. Dickins emphasized the need to begin where people are, not destroying something important and fine in their culture without substituting something more valuable in its place.

Attention was called to Dr. Dickins' own publication "Traditional Food Preparation Rules," Bulletin H8, Mississippi State College Experiment Station.

Frozen Foods

Dr. J. G. Woodruff, Experiment Station, Georgia

Improvement in the techniques of freezing makes for improved quality of frozen foods. The method of freezing orange juice was first developed in 1929. In the 20 years since then the product has been improved, and it is now available in almost all areas. There is a higher content of vitamin C in (most) frozen than in fresh orange juice, because of concentration of frozen juice, and because the fruit ripens on the trees before it is processed.

New techniques for freezing liquid foods are being developed. Such foods as milk, all kinds of fruit juices, and baby foods, will be common in frozen form in the near future.

Some foods, such as bananas and coconuts, flood the market at certain seasons, so a method of freezing them has been developed in order to preserve them for use when they are not available fresh.

Dr. Woodruff recognized the fact that the cost of packaging of frozen foods is too high, and emphasized the need for developing cheaper containers that are moisture-vapor proof. The charge of 3 cents a pound now for processing and packaging is too high to be practical. The cost should be about 1 cent a pound.

Aluminum foil was mentioned as one good wrap to reduce cost of wrapping foods. Polyethylene bags are moisture-vapor proof and are inexpensive because they can be used over and over if care is exercised in using them.

It is important to add ascorbic acid to peaches, bananas, and figs to retain color and flavor. The percentage of ascorbic acid in these frozen foods is higher than

in the fresh form. Strawberries retain 80 percent of ascorbic acid when packaged properly. Poultry products retain a large quantity of vitamin B when frozen and stored properly.

Vegetables lose quality through (1) the preparation for packaging, (2) in storage, and (3) in the preparation for eating. The process of freezing does not change food.

Frozen foods are not economical, generally speaking. Distribution is increasing, however, into very small towns and villages, in commercial as well as home freezers. Popular frozen products are: Poultry, sweet corn, collards, turnip greens, field peas, wild game, novelty frozen foods (such as a stuffed frozen turkey), and sausage. Dr. Woodruff suggested that sausage be seasoned completely, wrapped well, the fat content reduced, and that it be stored for no longer than 6 months.

Dietary Problems of Special Groups

Families in Southern Region

Ada Moser, Experiment Station, South Carolina

Food Consumption Study. The southeastern area study was done in 1948 in five States -- Arkansas, Mississippi, Tennessee, North Carolina, and Virginia

Three types of information were collected:

1. Annual income of families.
2. Food production records.
3. Seven-day food consumption record by the family.

The food consumed was estimated by weight. Families were visited every day, and records of food consumed were kept. Menus used for the 7 days were kept. Some general information on how the food was prepared, recipes, and ingredients used was collected.

The study was set up by farm-type areas (cotton, tobacco and so on). It does not give a full picture of the food consumption of the South but of typical areas. In summarizing the 149 families in the tobacco area, in masses, Miss Moser made these general observations:

1. Large amounts of grain products were consumed, and since all were enriched by law, much of the protein and vitamins came from this source.
2. Families desired sweets, but much corn sirup was used and less home-produced molasses, which made a poorer diet with less iron.
3. Liberal use of pork fat was prevalent.
4. The value of sweetpotatoes and greens helped the diets.
5. Calcium and ascorbic acid were low in the diet, as were proteins of high quality (milk, eggs, meats).

In listing the problems she found in these diets she mentioned especially the lack of knowledge about essentials, economic limitations, and the resistance to change of food habits.

Pre-Adolescence and Adolescence

Mrs. Dorothy Moschette, Extension Service, Louisiana

Four nutritional studies were made with school-age groups. Some of the findings of the studies were: Intake of meat was very high; citrus fruit fell below recommended allowance; amounts of butter and eggs eaten were very low. The children ate better on weekends than during schooldays.

Diets were not the same for different parts of the State. The diets did show definite improvements at the end of the 4 years. Anemia was not a problem in this age group.

A comparison of the Louisiana study with studies made in Michigan and Pennsylvania showed that in nutritional status the Louisiana children compared favorably with children in those States.

Family Health in Relation to Food Habits

Dr. Grace Goldsmith, Tulane Medical School, New Orleans, Louisiana

Dr. Goldsmith, a young M.D., who is teaching medical students, gave a summary of what she could find in the literature about the effect of food on health. In brief, it was: Food habits in general are one of the most important factors in the nutritional status of the family. Poor nutrition may be due to poor assimilation and utilization as well as to poor food habits. Factors influencing food habits are income, education, social custom, and availability. Food patterns are established early. The family is most important in establishing these patterns.

Effect of nutritional status of the family on family health. Health is difficult to appraise; the range of normal is wide. The nutritional status is hard to measure. There is very little information on family health. The Pennsylvania nutrition studies, which did include the family, showed that members did not share equally in the food consumption, but younger children were better nourished than the teen-age group, and the mothers were worst of all. Members of the family who were ill were eliminated from the study (speaker thought this not wise).

Family education was more closely related to nutrition than was family income. This point is very significant to extension workers.

Dr. Goldsmith pointed out the practical work Dr. Tom Spies is doing in his clinic in Birmingham. She told also of the work she had done in Newfoundland in a study that was spectacular in showing the improvement of the diet due to enrichment of bread. She told, too, of a study made of slum areas in England.

NEWER APPROACHES TO FOOD AND NUTRITION EDUCATION

The Nutritionist's Part in Planning Consumer Education Programs

Ellen LeNoir, Extension Service, Louisiana

The nutritionist's part in planning the consumer education program is the same as that of every other specialist, a part of the whole.

- A. The whole program should be planned together. If the greatest nutritional need is calcium, the program may have to start by improving pasture for the cattle.
- B. When the nutritionist builds up another specialist she builds up confidence in the program as a whole and in herself.
- C. When the nutrition specialist builds her program on a sound economic basis, and the consumer education specialist builds hers on a sound nutrition basis, the extension program as a whole is strengthened.

The people keep the agent's feet on the ground, the agent keeps the specialist's feet on the ground, and the whole program benefits--people, agents, specialists.

Example: Women wanted leader-training meeting on how to get the best value for money invested for food.

The nutritionist and the consumer education specialist gave a team demonstration that might be given by two leaders for their club groups. The nutritionist gave the first part of the demonstration, helping the women to plan a week's meals and to check with the Basic 7 food chart. She used brown paper and crayon to illustrate her demonstration because all leaders could do the same. The consumer education specialist discussed advertised food, and taught leaders how to buy the food they had planned. All worked on one big program for homemaking, each contributing a part to the whole.

Nutrition in Relation to the Total Extension Program

Lurline Collier, Extension Service, Georgia

The subject of food and nutrition has been the opening wedge in establishing the extension program. It is important to agriculture, and requires correlation with all branches of the agricultural program.

Times change, bringing new and varied problems for farm people, but the fundamental needs of the family remain fairly constant. Any sound farm and home program must be based on a food and feed plan that will take care of people work animals, milk cows, and meat animals, with cash systems that will bring in fair returns for family, labor, and investment.

All nutrition programs must consider: What do we need to eat in order to be well nourished? Do we get what we need, and if not, how can we get it? Do we eat and like what we need?

Farm and home family planning is one of the newer developments in extension program planning. Farm and home development leaders in counties are helping in this.

Finding Needs and Desires of People Preliminary to Planning Nutrition
Panel led by Anna Mae Sikes, Extension Service, Florida

Observation of needs and interviews of people were used to determine needs of all States.

Virginia has program development leaders who are "finders" of needs in communities and help set up the program.

Louisiana used a formal study for determining needs.

Florida used dietary surveys and also used the senior council in determining needs.

Georgia used data provided by various organizations--State health department, welfare agencies, and others.

South Carolina State nutrition committee pooled available information on outstanding nutrition needs.

Screening Nutrition Research Findings

Panel led by Mena Hogan, Extension Service, Washington, D. C.

A skit presented by this panel pointed out problems of home demonstration agents screening materials to be used in teaching. It was emphasized that it is the responsibility of the specialist, State leader, and district agents to develop a critical and analytical attitude toward all materials. Dr. Phipard said to wait until facts are verified to use them and gave this little quotation: "If it's news, it isn't true, if it is true, it isn't news."

The science of nutrition is a moving thing, and we should not be afraid to change our teaching to help the home demonstration agent become better informed. Suggestions: Read good reviews of research, and find out who did the research. How was it done? How was sampling done? Was it adequate? Learn how to read and interpret a study or listen to a talk. The specialist can help home demonstration agents to know good sources and authorities by sending out periodic news letters.

Audiovisual Aids

Janet Cameron, Extension Service, Virginia, discussed the Richmond study of "Homemakers' acceptance of nutrition information in an urban community." The purposes were to know how effectively the homemakers were being informed on nutrition and which media for communicating information were most effective. The three major objectives were:

1. To measure the level of information regarding nutrition among homemakers in an urban community, and to learn their attitudes toward food and nutrition information.

2. To analyze the effectiveness of various media that are used.
3. To ascertain certain motivating factors that can be used as a basis for educational procedures to promote wider use of information among homemakers.

The data were gathered through 400 personal interviews by a sampling method.
Major findings:

Four percent of the homemakers interviewed had adequate information on nutrition. One-half had practically no information. The remaining 46 percent had some information on nutrition. One-half of the women included foods from all the Basic 7 food groups in their daily menu. Homemakers showed more interest in food and its preparation than in nutrition.

A transcription of a typical interview was given and discussed briefly.

Many States showed various visual aids used to make their teaching more effective. The Louisiana health train for teaching small children, and other media were shown. Other visual media were kept for discussion at the next morning panel.

NEWER APPROACHES TO FOOD AND NUTRITION EDUCATION

Teaching Methods, Materials and Audio-Visual Aids Panel led by Mary Hulsey, Alabama

The panel which discussed the various methods and materials used by the different States in presenting nutrition information. The methods discussed were:

Farm and home visits, which Mississippi used as a means of studying the effectiveness of the individual farm and home planning in five pilot counties and for five families in each county. This method seemed most effective in checking the yearly food supply and pantry demonstrations.

Tours have proved an effective way of summarizing a project or the planned food supply.

Method demonstrations, the most common way of teaching leaders, agents, and members, give best results if used with the Job Instruction Training follow-up, having a different member repeat each part of the demonstration. This gets articulation as well as information.

Result demonstrations have been most effectively used in balanced farm and home demonstrations. Georgia also used them in home orchard projects. South Carolina reported using result demonstrations to advantage in schools where rats were fed good and poor diets.

Radio was noted as an excellent method of reaching many people not reached in any other way. Both the interview and the written talk have their place and bring results in listener response and requests for information.

Newspapers and magazine articles are used effectively by most States to reach many who do not take any active part in club programs. They also serve as ways to keep rural and urban public informed about farm problems, to develop better understanding. Many States send their agents regular news releases to help keep them up to date on subject matter.

Bulletins and leaflets are prepared by all, but color and pictorial ones have brought rich returns in greater interest.

Charts, graphs, and the like, add interest in the subject taught. Flannelgraphs of many kinds were shown, and various types of barcharts were displayed.

In summary, Miss Dodd explained Edgar Dale's Cone of Experience, which shows that each audiovisual method of teaching helps to build knowledge, and each has its place. No one method can be as effective as a combination of many. The direct method, as the home visit or taking part in a demonstration, is the best, but takes more time. The more methods used, the greater the learning. The direct, purposeful method gives a good foundation and is a sound basis for other indirect methods, such as radio and news releases. Each method is more effective when reinforced by others. Therefore, all the methods here described and shown can, together, help us teach nutrition more effectively.

Training Program for Leaders

Panel led by Gladys Martin, Extension Service, Texas.

The spread of information to all parts of counties and States is increased through local leaders. Participation on the part of leaders breaks down timidity and builds their confidence in presenting material to the club. It is important to teach leaders in simple terms. Illustrative material should be simple, with limited subject matter.

The follow-up is important. There should be reports of the number of people who are using the practice as well as the attendance and the number of meetings held.

Leader training becomes more effective when the district agent has a conference with the specialist before she visits the county, to give the specialist information about the type of demonstration and information requested and needed. The specialist can then inform the district agent of the program plans.

Leaders need to learn as much about how to give a demonstration and how to impart information as on what to teach or show. Material for leaders should be simple and easy to present, with a good outline and simple teaching aids.

Ways in Which We Evaluate How Effective We Are Dr. Gladys Gallup, Extension Service, Washington, D. C.

Dr. Gallup stated that nutrition specialists have different ways of evaluating the effectiveness of different phases of their programs:

1. Through describing their work in the annual narrative reports.

2. Through the statistical report which records activities and practices.
3. Through the evaluation of some phase of the work they are teaching, such as the understanding of the Basic 7.

In discussing the content of the nutritionists' reports Dr. Gallup said that there was wide variation in the extent to which various specialists described the details of work in their subject-matter fields and how it was done. She gave extracts from the southeastern nutritionists' reports, which were examples of what was attempted in the program, or what was done, how it was done, and what results were obtained. She pointed out that most reports tell what was taught, but not as many show how the work was taught. Some of the reports tell little about results obtained. We need to strengthen our reports in stating objectives more plainly and in stressing accomplishments in light of objectives.

Miss Hogan and Dr. Gallup distributed mimeographed graphs prepared by the Annual Report Section in the Washington office. The graphs show trends in different phases of the nutrition project as determined through the analysis of the annual statistical reports, such as families assisted in improving diets, and families assisted with child feeding problems. The trends in most nutrition phases were up in the war years but have been declining since. Many explanations for downward trends were given both by speakers and by members of the conference.

Using colorful, effective visual aids, with a flannelgraph, Dr. Gallup discussed how we might evaluate one phase of the nutrition program such as "The understanding of the Basic 7." She stated that in evaluation we need to be clear as to what we are teaching, what we are attempting to do.

She listed some steps in evaluation as follows:

1. The first step in evaluation then is the clarification of what we are teaching -- stating and defining the objectives.
2. The second step in evaluation is the question or questions we are going to ask. This involved working out a questionnaire or a device. We have two problems in working out a questionnaire; First, what questions to ask, and second, how to word the questions.

The questions should be discriminating; they should help to indicate whether the homemaker or family has benefited by some fundamental nutrition teaching. By getting such basic information from year to year, the specialist and agent and the homemakers themselves can show progress in some one area of teaching that is significant. Too often, different questions are used each year to get answers to short time and superficial phases of a subject-matter field.

A questionnaire was distributed as an example.

3. The third step in the evaluation is sampling, or "which homemakers are you going to ask to fill out the questionnaires?" if you are getting information from groups or clubs, or "which homemakers are you going to interview in their homes?" if an area sample is used.
4. The fourth step is analysis of data and interpretation and presentation of the findings or results back to the group. An example was given from the Virginia study.

CEREALS AND SOUTHERN DIETS

Importance of Cereals in the Southern Diet and What Benefits Alabama Expects From Enrichment of Cereals

Dr. W. D. Salmon, Experiment Station, Alabama

Dr. Salmon, research worker, stated that cereals are of extreme importance for they have kept southern people from starving. Southern diets are still low in protein, calcium, iron and most of the vitamins.

Enrichment is important because it is a partial remedy. It is still important to emphasize balanced diets to include milk, lean meats, fruits and vegetables. Enrichment is an easy, sure step to improve major defects. Pellagra is still the major nutritional deficiency disease in the South (based on mortality statistics) and enrichment is the quickest way of overcoming this.

Diets are better than they were 10 or 20 years ago due to improved production, education, and higher incomes. There are yet many who do not have the food needed for the best of health. There is no basis for questioning the soundness of enrichment. It has been proved by research in Newfoundland.

Experiences of the Federal Food and Drug Administration with Interstate Shipments of Cereals in the South

B. L. Edgerton, Food and Drug Administration, New Orleans, La.

The Federal Food and Drug Administration has no control over food unless it is shipped across State lines. Small mills, therefore, are not affected by its inspection.

Inspectors have spent much time in examining cereals because of adulterations, filth, and the standard of enrichment. Samples examined showed adulterations of filth consisting of rodent excreta and hairs and insects.

A Nation-wide investigation is about to be undertaken in an effort to learn more about cereal infestation. The reasonable care of corn from farm to consumer can help to keep it free from adulteration. Small millers and farmers particularly need to be given information.

History and Outlook of Cereal Improvement in the South Dr. E. J. Lease, Experiment Station, South Carolina

Dr. Lease has followed the enrichment program since 1942. Newer aspects give it new interest.

Three generations ago cereals needed improvement less than now, because milling was not the same, and roller mills producing refined flour were not used.

About 1880 to 1890 the roller mills came into use. Degerminated corn and polished rice came in about that time.

Problems of our grandfathers were different. They did not have highly refined foods and had less sugar. Each person now eats about 100 pounds more of sugar than he used to. This takes the place of more nutritious foods.

Outlook for improvement of cereal products is bright. Twenty-six States now have flour-enrichment laws, and a few require corn-meal enrichment.

Position and Program of Mississippi State College on Cereal Enrichment
Olive Sheets, Experiment Station, Mississippi

Miss Sheets stated that without the home economists Mississippi would not have an enrichment program. The home economists took a positive position early and persisted until the bill was written and enacted.

She paid tribute to Miss Cresswell, Dr. Dickins, and Miss Haddon who were active in promoting the program. Mississippi enrichment laws were enacted in 1944 and 1945.

The educational work included approaching the millers, who agreed to equip their mills if their customers demanded it and other millers were equipping theirs. Through education a public demand is being created.

From a Mississippi study she showed that enrichment made diets of some of the families studied adequate when they would have otherwise been deficient.

Significance of the Cereal Enrichment Program to
Nutrition in Georgia

Dr. Mary Speirs, Experiment Station, Georgia

Georgia people are typically southern and eat typically southern diets. They consume large amounts of flour and corn meal. As soon as they heard of the enrichment program they became interested.

They have learned, however, that legislation is not enough--there must be consumer demand. Enrichment must continue to be emphasized in order to help the people to obtain a better diet.

She stated that with lower incomes people would buy larger quantities of cereal foods. Their project is being started with education and a study of milling conditions.

Role of Extension Service in the Corn Meal Improvement Program
L. W. Johnson, Extension Service, South Carolina

There are two phases of this program: Corn-meal enrichment, and improvement of marketing. The work of the Extension Service is education. The first thing that needs to be done is to find out the situation and then determine what needs to be done. Second, get the people interested in what needs to be done and they will bring about the desired change. Use all the channels of Extension--meetings

radio and press--and furnish materials for those doing the publicity. The cooperation of all other agencies in State and county must be obtained: The ultimate aim is to get sufficient laws passed to make the program permanent. After laws are passed, a continued educational program is necessary to keep laws effective.

Harvesting, drying, cleaning, and storing corn are necessary for a good product of corn meal. These are certainly lines that may be emphasized through the Extension program.

Importance of Nutrition Education in Maintaining Miller and
Consumer Interest in Corn-Meal Enrichment
Mary Hulsey, Extension Service, Alabama

The success of the Alabama program is due in part to the nutrition education programs conducted by Extension agents in the counties. Calhoun County was selected as a pilot county. The nutritionist prepared some information to be presented to 4-H, home demonstration, and community meetings on the value of enrichment. An educational program was conducted one month prior to employing the enrichment specialist, John Bell. He visited mills with the county extension agents upon his arrival in the county. He was followed by a mechanic who installed the enrichment feeder in the mills.

A State extension agents' conference followed soon and presented the opportunity to inform all agents of the program. At the end of one year 500 feeders have been installed throughout the State. A continued educational program on improved marketing conditions is planned.

Interpretative Summary of Conference
Mrs. Florence Abington, Extension Service, Louisiana

D. C.

From a nutrition point of view--we have been given these recommendations for future action by extension nutritionists.

Dr. Todhunter: Keep oneself up to date; use correct terminology; be able to distinguish between different types of malnutrition; and be an example of the best nutrition.

Dr. Phipard: Assist in research by being good observers. Have no fear of unlearning facts.

Dr. Dickins: Strive to establish food habits based on scientifically proved needs. Study psychological aspects of food habits.

Dr. Goldsmith: Request research on family food habits in relation to nutritional status and health.

Miss LeNoir: Start on some practical point. Build the confidence of people in the entire Extension program by working together.

Miss Collier: Take the responsibility of working with coworkers to bring out nutritional problems and provide program emphasis.

Miss Sikes: Learn new ways of studying basic needs, but do not forget desires.

Miss Hogan: Develop an analytical frame of mind in agents and encourage them to take a positive point of view. Recommend authentic source material to agents.

Richmond Study: Make fact teaching more definite.

Miss Hulsey: Use a variety of visual aids that are simple and easy to see.

Miss Martin: Train agents to train leaders. Bring action factor into leader training.

Miss Gallup: In annual reports give details of teaching techniques, include assistance specialist gives home agent, and describe how evaluations are made.
Evaluate by: Being clear in what we are teaching, working out measuring devices, doing sampling, and using information gathered.

Interpretative Summary of Conference

Mary Keown, State Home Demonstration Leader, Florida

The State home demonstration agents have told me they value highly the opportunity of attending this conference. As State agents we have certain specific responsibilities delegated to us which this conference will help us to accomplish, namely:

1. To aid in binding together into a coherent whole the parts of this program we know as home demonstration work and recognize as a responsibility of the Agricultural Extension Service.
2. To do our best as administrators and to provide working arrangements so that all members of the staff will be prepared and equipped to give their best services. This conference has shown the State leaders some specific ways in which they can give improved guidance to the specialist programs.
3. To be watchful that all members of the organization work together to do the job for which we are employed. This job is to aid people to build a program for better homemaking and to work with them to make plans that will take useful information to the people who want it, at the time they need it, and in the form in which they can use it.

Certain specific comments perhaps can indicate other significant values to us of the 3 days together.

1. A conference of such caliber permits us to have justifiable pride in ourselves, professionally, as members of a great Nation-wide organization whose administrators believe in providing us with opportunities for

professional growth. The Extension Service always has supported a program of in-service training for its personnel. This meeting should be considered as a part of such a training program. A considerable investment is being made in us in terms of the dollars, time, and effort that this conference has required, and we can be expected to show a return in terms of improved services and enthusiasm.

2. It is significant and altogether delightful that we are meeting with Director Jones, Miss Cresswell, and other members of the Mississippi Extension Service, as our always courteous and thoughtful hosts. We shall return home, not only better informed, but refreshed and inspired from our visit here in this historic and beautiful section of the South.
3. Significant, too, is the advantage of having present with us many representatives of all divisions of Cooperative Extension Work, including: (1) The Federal office--Miss Hogan, Miss Rokahr, and Dr. Gallup, whose guidance nationally we profit from, (2) State personnel--State agents, district agents, and specialists, (3) other agencies that cooperate with us. Such attendance inspires a broad view and the recognition of important factors in program planning, in which nutrition plays an important part.
4. We appreciate having the results of research given to us directly by research workers. We feel this way partly because it is an advantage to us to know them personally but primarily because we recognize the definite responsibility of all extension workers, given us by law, "to aid in diffusing useful information" which in this meeting we have obtained in generous measure from the research workers of our own area. We have had an opportunity to note with pride the comprehensive program of research under way in the South which can be applied directly to home and community problems.

Perhaps one additional value of this meeting is that research workers have had the opportunity to gain ideas and facts from the field workers, which will invigorate their efforts and guide them in making future studies.

5. Our "job" as extension workers does not end when we take our useful information to the people. The law says we shall "encourage application of the same." The panels, discussions, and reports given on methods, which you, the nutrition specialists, have done well, have been most helpful to each of us. To my mind this exchange of experiences is the most significant result of the entire conference. You have displayed a confidence in your purpose, a loyalty to our organization, an enthusiasm for your duties, and an appreciation for our opportunities, which bring pride to us all as we hear you express these feelings.

I quote a few comments from my notes, which point out some trends in the nutrition program that seem important to consider for their significance at this time.

Lurline Collier, Georgia, said, "Food is the opening wedge to the entire program of Extension work." Of course! We in home demonstration work are a part of an agricultural program, and agriculture means food for man and feed for beast.

Miss Collier, said, "A nutrition program must be based on an adequate food supply at home." To me this statement means we must continue to urge home food production if we are to have adequate nutrition for the family. Home gardens, poultry, the family cow, more meat, must be emphasized as integral parts of a successful nutrition program in the South, at least.

Techniques need to be improved, and specialists need training in the use of effective methods and aids. The exhibits placed here have been so beautifully arranged that they have been an object lesson to us all. We recognize the need of using all channels of publicity to give desired information to more people.

The total significance of this conference will be determined when we return to our homes. I read this morning, "You cannot tell whether a parent has been a success or a failure until you find out what happens to the grandchildren."

Nutrition specialists can and do see immediate and tangible results of our work from day to day. But the future will bring both tangible and intangible values that we cannot even imagine now, if we plan wisely and work efficiently.

Let us help people to develop leadership; give them an opportunity to grow in the understanding of nutrition and its far-reaching results. This applies to men and women, to the girls and the boys, to all ages, to all people. Let us remember first that to serve people is your aim and mine and we will find our highest satisfaction in knowing that "The man grows faster than his crop." As for us, the scope of the nutrition program and the effectiveness of the nutrition worker herself perhaps can be expressed in another old saying, "The size of a man's acres vary directly with the size of the man who operates them."

We State home demonstration agents believe this conference will help us to have more Extension acres in our nutrition fields and finer people. We must be accurate alert, confident, enthusiastic, perhaps a bit consecrated. In this way only can we increase in "influence, culture, and power."

Interpretative Summary of Conference

Mena Hogan, Field Agent, Southern States, Washington, D. C.

We have tried to follow four principles in conference planning.

1. Everybody takes part.
2. Get basic research before the group early in the meeting as a basis for later discussion.
3. Provide opportunity to discuss the applications we are making to the research that is known and to the experiences we ourselves have which supplement the research.
4. Choose the kind of authorities in their line who --
 - (a) Know the problems and the opportunities of the South.
 - (b) Know something of the way we work in Extension.

We believe we have observed these principles in part, at least. If we have, credit belongs to Director Watkins' committee, to all of you who have been a part of the program.

I shall not attempt to summarize the fine talks we have had, the excellent demonstration we have witnessed, the shrewd evaluation you have made of your present program. All that speaks beautifully for itself.

I shall point out some things you have said to me, some of the implications (to our program in the South) of what you have done and said here at this meeting.

You have pointed up leadership as the key to getting widespread acceptance of nutrition teaching.

You have implied by your acceptance of Dr. Todhunter's, Dr. Goldsmith's, Dr. Dickins', and Miss Moser's excellent, practical work with us these 3 days that you believe we have yet to make greater use of psychological principles in bridging the gap between what we know and what we do.

I doubt that in any field psychology has a larger part to play.

I have liked your pride in the way we do things in the South, our traditional methods of cookery, our customs, and the habits of our people. No doubt we could be helped to accept some changes in our ways of living. But I have admired your courage as home economists in beginning where people are, not destroying something that is important and fine in their culture, without substituting something more valuable in its place.

I was glad to see all of you facing one of our great problems in the Nation -- that downward trend in interest in nutrition and the upward trend in subjects perhaps not quite so fundamental.

It is a tremendous challenge to you to make your subject so vital, so full of life, so clear and interesting, that women and girls will clamor for it, because it is fundamental to good family living (I am still not convinced that it is not we who are more tired of foods than women and girls). But it must be taught in the right ways, and we must use new methods to put over an old subject.

While we are on fundamentals--stick with home dairy, poultry, gardens, and home food production, and then emphasize food preservation. Extension was based on this in the South. It will always be our greatest strength. If we stick with it, we'll not need to worry so much over figurines, lamp shades, and aluminum trays. I like your pride in southern products--our field peas, hog jowl, sweetpotatoes, and turnip greens. I hope you will keep this pride.

Many things have stood out in my mind about this meeting:

1. The way in which you have entered into the meeting, putting out your very best.
2. The way our speakers have come and stayed!
3. The contribution each of you has made--specialists, district agents, State agents.
4. Type of research under way in the South--suited to our problems, fundamental, down to earth.
5. The type of visual aids you have brought from your States.

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